Issue 20 // Summer 2024

h anniversary pullout ttei Sharing news of SNAP's important work

Including a special

over 4,500 families across Essex

Supporting

Partnering with parents for 30 years

Celebrating SNAP's legacy of essential support for Essex families

Volunteer

Services volunteer and newly-appointed trustee, Denise, shares why and how she volunteers at SNAP

Heading to a new school in September

Family Manager, Kate, shares some tips on how to make school transition a little easier for the family

Raise a gl

The biggest celebration of the year, SNAP's Masquerade Ball, commemorated the 30year milestone

Welcome



About Us

Making a difference

SNAP is an Essex charity that helps families with children and young people who have any additional need or disability, and live under Essex County Council, Thurrock or Southend local authorities.

SNAP offers a helping hand to thousands of families who need support in a variety of ways. No formal diagnosis or professional referral is necessary to access SNAP services, which are available to families of children and young people aged 0 to 25.

SNAP is currently offering a wide range of services - at the centre, remotely or hybrid - to meet the needs of its families

- Helpline and Face-to-Face Parent Support
- Specialist Talks and Training Courses
- Online Directory and Information Network
- Counselling, Benefit and Educational Advice
- Library of Specialist Books and DVDs
- · Parent and Pre-School Children Sessions
- After-School and Holiday Sessions for Children and Young People
- Sibling Support

Scan me to find out more information about SNAP!



SNAP contact information: Helpline - 01277 211300 Fundraising - 01277 245345 Email - <u>info@snapcharity.org</u> Website - <u>www.snapcharity.org</u>

> The SNAP Centre, Pastoral Way, Warley, Brentwood CM14 5WF

> > Registered Charity No. 1077787

A Company Limited by Guarantee in England and Wales No. 03805837

For views/future articles, contact editor, Charlotte - <u>cneale@snapcharity.org</u> With a chilly spring nearing its end, we are looking forward to the summer heat!

We kicked off our 30th Anniversary with the Masquerade Ball in March. What a night! We really felt the love for SNAP in the room. Thank you again to everyone who joined us. You can read all about it on page 7. We are continuing the celebrations with our Thir-tea Party on 20th June at Pontlands Park, Great Baddow. All the details about how to book can be found on the back page.

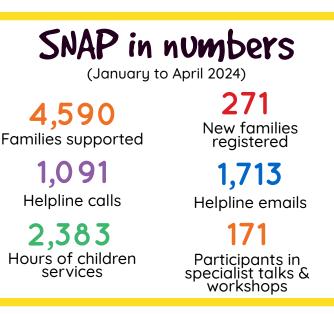
We have some exciting new courses coming up too. We launched a 6-week course led by Kathryn Miller for parents who have a primary aged, neurodivergent child. This in-depth course will give parents a better understanding of neurodiversity and share tested strategies to common challenges. We are also welcoming Parker Smith Inclusion, a recruitment consultancy dedicated to SEND support, on 12 June. They will be hosting a session for parents focused on getting back into work with a school environment. See page 6 for more information.

Finally, I have some sad news to share. As many of you know, one of the highlights of the summer term is SIBS4FUN, SNAP's special week dedicated to the brothers and sisters of children with additional needs. We are deeply saddened to share that Mrs Moody, of The Moody Charitable Trust and long-time supporter of SNAP, has passed away. Her long-term support of SIBS4FUN has been vital, enabling us to provide this week every year. More importantly The Trust and Mrs Moody have built an incredible legacy of support that has transformed the lives of so many siblings and young carers. We are honoured to have worked with her for so many years. She will be missed. The SNAP Team's thoughts are with her family and friends at this difficult time.

Best wishes,

Karen

Karen Boath, CEO



Highlights

Round up of 2024 so far across the charity

The SNAP calendar is always packed with services, activities and events. For the latest updates, follow SNAP on social media.

We did if!



The SNAP Team kickstarted its 30th anniversary year with a 30 in 30 challenge!

Whether it was gaining fitness levels, honing a new skill or the fun of being pied in the face, The SNAP Team beat those January blues.

Thank you so much to everyone who has donated and supported us! In total we raised an incredible £3,030.

Kick for a cause

SNAP were the chosen charity of the FRP Advisory and Cooper Parry 5-a-side football tournament in April at Billericay Town Football Club! Huge thanks to everyone who came along and played.

Congratulations to Ellisons Solicitors for taking home the winner's trophy.

A remarkable £3,727.50 was raised - amazing news!



Egg-Cifing Easter

The SNAP Centre was filled to the brim with children and siblings during the Easter Holidays. Thank you so much to everyone who donated Easter eggs and Easter treats for our SNAP families and Brentwood Connected's Easter Trail events. We are so grateful for your support and, as you can see, they have brought lots of smiles!

Turkish delight

Thank you to everyone who came along to SNAP's Charity Dinner at The Mesken Hutton!

It was a fantastic night - the food was delicious and the atmosphere was electric! It was such a great event thanks to The Mesken and singer, Carol Harper.

Photo credit: Richard Barker



Left to right: Caitlin Barry, Amy Thompson, Neil Webster, Liz Chaplin, Claire Downing & George Chaplin

Services corner!

Marvellous Mondays

The session is aimed at those in Years 6 to 11, who identify as female or non-binary, with or without a diagnosis of Autism or ADHD.

The group is going from strength to strength and growing as the terms continue.

One mum said, "It's really helped my girls with their confidence and helping with friendship building & social skills."

Call SNAP to register your interest on 01277 211300.

Brighter Futures

This new course is underway with Autism Consultant and Specialist Teacher, Kathryn Miller, hosting this six-session series for parents of primary aged Neurodivergent (autistic/ADHD) children. It will rerun in the Autumn Term so keep your eyes peeled for sign up in due course. More information on page 6.



Kathryn leading a group of SNAP parents on understanding neurodiversity

Volunteer Spotlight

"SNAP is absolutely crucial in today's world"

SNAP's Marketing Co-ordinator, Charlotte, caught up with one of our volunteers, Denise, before our SNAP+ Easter Holiday session.

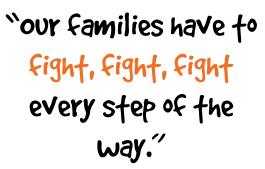
Denise has been volunteering at SNAP for nearly 10 years and has recently joined the Board of Trustees as well as continuing helping in our sessions. After 40 years of being in the education sector and retiring from Assistant Head Teacher at Redden Court in Harold Wood, Denise knew ahead of retirement that she wanted something to be a part of and with doing fundraisers and referring pupils to SNAP, SNAP came to mind.

"I knew I did not want to lose touch with children and parents. I enjoy that the most about volunteering at SNAP: being able to chat to parents and understand what the families are going through. I love getting to know the families, and because I'm at the same session every week, I know those parents really well. Some mums will come and find me to fill me in on the latest updates from their week. Plus, if I see them in Brentwood, they always stop and chat so that's nice."

Denise volunteers at SNAPtastic sessions which is for primary children school aged with additional needs or disabilities plus their siblings, as well as holiday depending sessions on her availability. She can go from making teas and coffees for the parents one week to playing air hockey or table football another. She loves getting stuck in!



Denise playing pool with Isabelle



"Our families need people that they can be very open and comfortable with who have a real understanding of what they are facing individually and together as a family. It's not an easy thing, it's 24/7 for our families and they're battling for things for their young person constantly. It doesn't get given to them, our families have to fight, fight, fight every step of the way. It helps being a person who wants and loves to chat, who wants to find out about the children and their journeys."

"I don't have one favourite memory as such, but I go home each Thursday and tell my husband a tale from the session. If a child made and gave me a bracelet or drew me a picture that they wanted me to take home, that's so special. They are the memories I hold on to.

"Seeing the children grow and change is special too. I've seen some of them grow from tiny up to the ages they are now. Quite a few parents that I see now were students, which makes me feel very old, but they come with their children with specific needs now so that's lovely to see their journey as it continues. It's reassuring for them to see a familiar face too."

Denise has begun a new volunteering role at SNAP as a trustee. "When a call was put out for new trustees I had a look into it and thought "yes actually I would like to support from a different perspective and give staff support. I'd get an understanding about where the funds come in and how they treat their staff." To me, it



seemed natural to give more time but in a different way so I'm really looking forward to it and hoping I'll be involved at SNAP for many years to come."

Interested in volunteering at SNAP? Email <u>volunteers@ snapcharity.org</u>.

Bonus question!

We do love our biscuits at SNAP!

What's your favourite SNAP biscuit?

Borders Butterscotch (- with a cheer from Family Support Adviser, Alli, who was also in agreement as he headed into SNAP+!) They are very popular, as are the "dead fly" biscuits with the kids. They think it's hilarious that I call the fruit shortcake biscuits "dead fly" biscuits. My mum always called them that, so I do too.



Family services Creating a school transition book

Family Manager, Kate, shares some tips on school transition to ease some worries and to make the new and unknown things become a little bit more familiar.

A transition guide can be made for, with or by your child or young person. It can look however you like and be presented in a way that works for them, that they will want to engage with. You can also find premade templates online. Having something they can access easily and look at when/as they need both independently and with an adult can be helpful.

Transition guides can be used and adapted for any age or level of need before starting at a new school or a simplified version for the transition for their new year group.

Having as many visual references as you can is really beneficial as it helps create a feeling of familiarity when they start.

Ideas for what could be included:

· Introduction to the school, with its name and photos of school grounds and building. If you have any photos of your child at school from visits/open days include them.

· Information about how they will get to and from school. A map or photos of the route they will walk or a picture of bus stop/train stations they will get on and off at if getting public transport. If they are being picked up after school, information of who will be doing that (especially if different on different days).

· A map of the school if available (or you can use the satellite view on Google maps for an aerial shot of the school). For younger children, you could draw out a map of key areas as Primary schools tend to be situated in one building.

· Photos of classrooms or other rooms around the school.

· Information and/or photos of key members of staff.

· List of **uniform** items and photos - if you have already bought their uniform, a photo of them wearing it may be more meaningful.

· List of new school vocabulary they might hear - for younger children this will need pictures. E.g. to show

that the "playground" isn't the same as the park. For children moving to secondary school this could include changes of terminology such as "form tutor" or "head of year".

· List of subjects.

· List of extra curricular activities and clubs.

Secondary School lesson timetable when available.

· School day timings - Include before and after school timings.

Information about lunch and break time arrangements - how will they get their lunch, where can they eat, where can they go and what can they do during these times.

· List of people they will know at the school (if applicable).



with other products to show a hidden disability. Search 'sunflower

lanyard' online for

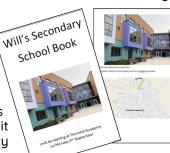
more information.

Making the invisble visible

The Hidden Disabilities Sunflower (https://hdsunflower.com/) is a simple way for you to voluntarily share that you or your child has a disability or condition that may not be immediately apparent. It shows that you may need a helping hand and support whilst out and about in public spaces.

This may be especially important during the symmer months, for navigating airports, visiting theme parks, or heading out on day trips with family or friends. All airport websites give clear information about the Special Assistance they offer and how to access it. In addition to this, UK theme parks and attractions may have an Accessibility Guide with options to pre-register for ride access passes and help with navigating the park.

There will also be more information coming up in SNAP's Summer Survival Guide arriving in June! It will be packed with information, ideas and strategy suggestions that we hope will help you to plan for a fun and enjoyable summer with your family.



www.snapcharity.org SNAP matters // 5

Family services

May to July 2024



SNAP organises a unique and diverse calendar of Specialist Talks, Workshops and Coffee Mornings for parents and professionals.

We appreciate that the rise in the cost of living has impacted families with children with additional needs more than most, and do not want a family's financial situation to be a barrier to accessing services. Please contact SNAP to discuss payment if this is impacting on you accessing our talks by emailing <u>admin@snapcharity.org</u>.

For the latest information, visit the SNAP website - <u>www.snapcharity.org/training</u> or SNAP's social media channels.

INTRODUCING A NEW 6 WEEK COURSE WITH KATHRYN MILLER

For Parents of Primary Aged 🔶 🖊 Neurodivergent (autistic/ADHD) Children

This 6 session course is running from 17 April to 22 May and will be returning in the Autumn Term!

FOR MORE INFORMATION OR TO REGISTER YOUR INTEREST FOR THE AUTUMN TERM, PLEASE EMAIL INFO@SNAPCHARITY.ORG

We are extremely grateful to the Essex County Council Carers Community Fund for funding these courses.

Essex County Council

Kathryn will be covering: -Understanding Neurodiversity--Sensory Processing--Emotional Regulation--Eating and Sleeping--Behaviour as Communication-



£60 per registered SNAP parent In Person at The SNAP Centre

Upcoming events this summer

PSI - Returning to Work with Confidence -SEND Education Sector

Wednesday 12th June The SNAP Centre – 10am to 12noon Free of charge

BRIGHTER

Many SNAP parents have come out of the work place due to their commitments as a parent carer and some may reach a time where they are ready to return to work but feel unsure where to start. Claire from local specialist recruitment agency Parker Smith Inclusion will be coming into SNAP to speak to parents about starting a career or returning to work in the SEND Education sector.

Grandparent Coffee Morning

Wednesday 3rd July The SNAP Centre – 10am to 12noon £5 per SNAP Grandparent

SNAP's annual coffee morning specifically for grandparents of registered SNAP families is back! It is a chance to share experiences, ask questions and look at specialist resources and information.

This is a grandparent only event, to allow for an open and relaxed conversation.

Fundraising

A celebration of resilience, compassion and remarkable strength

16th March 2024 was a big day for SNAP during their 30th anniversary year of celebrations. We hosted a sold-out masquerade ball at the gorgeous Stock Brook Manor, Billericay, marking three decades of unwavering commitment to supporting families. The event celebrated the profound impact the Charity has had on countless lives across the county. SNAP have and will continue to create a legacy of love, support, and inclusivity. There was so much love in the room for the Charity.

Mandy Carr, Chair of the SNAP Trustees, and Karen Boath, CEO of SNAP, welcomed guests and spoke to them about the lack of provision and support available to families who have a child with additional needs, highlighting the increasingly important role that SNAP plays. Her message was made all the clearer by Rebecca Woods, a SNAP family, who spoke about the difference SNAP has made to her family.

"We will be eternally grateful to SNAP for the compassion they show to our family. When I see the enjoyment in my son's face when we talk about SNAP, I ask myself, what took me so long to get in touch with them? The SNAP team really are local heroes, and I can't thank them enough for their support and warmth towards my family. We are never letting them go!"



Guests enjoying the photo booth!

The support for SNAP was overwhelming in the lead up to the event with a variety of prizes and auction lots donated including two luxury prize draws. Lords, Shenfield, which donated a beautiful single diamond pendant worth £2,000 and a generous SNAP supporter, who donated a week's holiday in a stunning Portuguese villa. Both prizes went down a treat and The SNAP Team are so thankful to their donors' generosity.



Auctioneer Paul Bridgeman, from Clive Emson Auctioneers, hosted a six-prize auction which included tour tickets for Take That's 'This Life On Tour', donated by Sheridan Maine, Girls Aloud, donated by a generous SNAP supporter, bespoke trainers donated by Lewis Yates Billericay, a two-night stay in the Cotswolds donated by Beresfords, a Banksy print donated by Brandler Galleries, and a private chef for a 10-person dinner party hosted by Valentines Cuisine. It was electric as the bids came in and tensions rose, we are so grateful to the winning bidders for their generosity.

Sara Clifton, Fundraising Manager added, "We are incredibly grateful to all our donors and partners who gave prizes for this event and to everyone who attended and gave so generously. All of their contributions not only helped to mark our special milestone, but they also raised fantastic funds for SNAP. On behalf of The SNAP Team,



thank you again to all our amazing supporters."

The celebrations were kicked off by Programmed 2 Function, a 4piece band led by SNAP's very own Music Therapist, Emily, which brought everyone to the dancefloor followed by DJ Charlie Cook, who continued the entertainment with floor-filling classics as the night ended.

"Wow, what a night! It was a truly wonderful evening, and I am blown away by the love for SNAP. The journey SNAP embarked upon 30 years ago has been nothing short of remarkable. Here's 30 years to of transforming lives, and to the countless moments of joy and that lie triumph ahead. Α phenomenal amount of money was raised which surpassed any possible expectation we would have hoped for. Thank you so much to everyone involved in us reaching such a magnificent total!" said Karen.

As glasses were raised to the 30year milestone, SNAP looks to the future with hope and determination. The journey ahead is filled with challenges. opportunities to make an even greater impact and reach more families, and to create a world that is truly inclusive and supportive.

Special thanks to two key volunteers, Kim Wooding and Carver their Jacqui for coordination and hard work. Without them our 30th Anniversary Ball would not have been the same.

Fundraising

Upcoming events



For more information or to book tickets for any of these events, please visit <u>www.snapcharity.org/events</u>.

More events will be coming in 2024 so keep your eyes peeled on SNAP social media platforms and the SNAP website.



Celebratory pale ale from Brentwood Brewing Co As part of SNAP's 30th anniversary, BRENTWOOD

As part of SNAP's 30th anniversary, Brentwood Brewing Co have created a refreshing brew with smooth citrus notes, perfectly balanced against a delicate biscuity malt profile.

Head to Brentwood Brewing Co. to purchase. Available in bottle, cask and keg.

Thank you for your support! www.brentwoodbrewing.co.uk



SCAN THE QR CODE TO VISIT THE BREWERY'S WEBSITE



SNAP's 30th Anniversary Skydive

A group of SNAP supporters and SNAP families are taking on a once-in-a-lifetime experience on Sunday 9th June... a tandem skydive! Email

fundraising@snapcharity.org if you are interested in participating.





SCAN THE QR CODE TO ONATE AND SUPPORT OUR





Special Anniversary Issue Celebrating 30 years of SNAP







"SNAP really is my lifeline."



A frip down memory lane

As SNAP celebrates its 30th anniversary, some of its founding members and integral people from along the way reflect on the evolution of the Charity

Early days af SNAP

Hilary (Founding member, original SNAP Manager, and Honorary Life President): SNAP was initially set up as I was part of the Keys Hall Parent and Toddler Group and was concerned about the lack of provision for families such as mine who had children with special needs. I had learned a lot from having my son Jack and I didn't want others to struggle like I had.

Paula (Founding member and Trustee): I was also part of the group and saw there was a huge gap in this kind of provision for Brentwood, following my son Oliver's birth.

Hilary: We formalised the group on 7th July 1994 at 8.00pm round my kitchen table. The name SNAP was chosen, our first session was planned, the rest went on from there!

Paula: By September 1994 we had a handful attending this special needs toddler group. Our numbers grew quickly and we began to realise just how many families were out there and we would increasingly be talking about older children and not just toddlers with new and different needs. ADHD and Autism diagnosis was the fastest growing diagnosis, and we knew this was only the 'tip of the iceberg'.

Maggie (Counsellor at SNAP for nearly 30 years and ex-trustee): SNAP had only been established a few months when a friend of mine (one of those around Hilary's kitchen table), asked if I could spend an hour or two on a Monday afternoon to look after a few children so that their mothers could have a cup of tea and a chat.

I was a Relate counsellor and after a while, and talking to the Mums about their difficulties, I had a table in the corner of Keys Hall so that Mums could come and talk in a little more privacy. This then moved into the shower room at Keys Hall and I started regular sessions with parents.

Christina (Volunteer to SNAP Director of Finance and Fundraising): I contacted SNAP as a parent in the mid to late 1990s. My son had no formal diagnosis and I had



Original SNAP on a Monday session (1994)

experienced rejection from other local and national agencies due to not having that diagnosis! I felt supported from that first call and soon felt more empowered to help my son and our wider family. I attended several "special parenting" courses and these gave me the understanding to enable me to give my son the support he needed. From there, I started volunteering at SNAP in 2000 and officially joined the SNAP team in 2007 when we moved into the fabulous new centre.

Karen (CEO and has worked at SNAP for 18 years): I worked in a school for 6+ years working with children who had additional needs and I was completely frustrated by the system and not being able to do what was right for the children I was supporting. I started in an admin role in 2006 when we were still in the offices in Keys Hall. The first week I joined we had got the go ahead to take on the building and we came to look round. It was so exciting to be part of it when it was still in Keys Hall and then to see it grow and develop.

Making a difference

Paula: We knew that SNAP was making a difference very early on as the numbers grew so quickly, with parents recommending SNAP to friends who were also struggling.

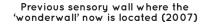
"Giving parents information, encouragement, and support, it was wonderful to see how their confidence grew and that in turn was reflected in a positive way on their child's development, happiness, and the dynamics of the whole family." - Hilary

Andrea (SNAP family to longest standing member of staff): Still to this day the families who turn to SNAP need, and are grateful for, the personal support and guidance we can give to navigate the swathes of information they are faced with on the internet. Nothing can replace individually tailored and human support and attention.



SNAP was awarded a grant from Children in Need and featured on the BBC who sent a film crew out to the SNAP on a Monday group (2000)

Centre (2017)





Lord Petre presented Queen's Golden Jubilee Award to SNAP (2003)

Maggie: During my time counselling parents, I have been overwhelmed by how many have told me that SNAP has been their life saver and without the support they have received life would have been extremely difficult.

Memories

Hilary: There have been so many high points over the years but some of the most significant for me must be: The first office at Keys Hall, SIBS Week, receiving my Civic Award and having the honour of attending the Multi Disciplinary Assessment Clinic on weekly basis for many years.

Nicola (Previous Chairman & Volunteer Fundraiser): A memorable time for me was fundraising for the new premises and then helping to deliver the project. It took several years and we were all so thrilled with the amazing SNAP Centre when it opened in 2007.

Hilary: The SNAP Centre was a huge achievement - to secure, finance and equip the derelict building was truly remarkable. The Royal Opening with Sophie, The Countess of Wessex (now the Duchess of Edinburgh) arrived in her helicopter and landed on the grass outside was a wonderful day.

"SNAP has created a safe space; a space where you can talk, share, cry and laugh for the best of days and for the worse of times. A space filled with people to learn from, to lean on and share with." - Paula

Andrea: The growth of the SNAP Directory has been a highlight for me. From the early hardcopies to the evolving online versions, it underpins the work of the SNAP helpline and enables independent research for Essex families and professionals.

Christina: For me, I think I was most proud of the team during the pandemic. Whilst other agencies around us seemed to disappear our team rose to the challenge. Services were moved online overnight, and we remained as busy as ever despite us having to use Zoom rather than face-2-face.

Hopes for the future

Paula: I am hoping that SNAP will continue to support families with an ever-increasing opportunity for those families to learn from each other and from SNAP-



Honorary Life President, Hilary, met the now Duchess of Edinburgh, Sophie, at the official Royal opening of The SNAP Centre (2007)

dedicated staff and volunteers as their needs become increasingly complicated.

Maggie: My hope is that SNAP continues to receive funding so that it can continue to help local families. I have no doubt that there is nowhere quite like SNAP, and I am so proud and honoured to have been a part of it.

Christina: I hope that SNAP continues to be there for many years to come and is able to continue to empower families with children and young people with any special need or disability.



SNAP went online during the pandemic and some sessions still remain hybrid today.

Final thoughts and reflections

Paula: It has been a privilege for me to be part of so many precious journeys for our families and to be able to share the joy in seeing the parents and children grow in confidence.

Karen: Working at SNAP is more challenging than ever as the demand for our services continues and it costs so much more to run the Centre now. It is sad to say that SNAP is needed more than ever as current support for families is at an all-time low. We constantly listen to what our families need and are always changing and adapting what we do.

Andrea: SNAP has been a massive part of my life for the past 25 years and I am immensely proud of the service we continue to provide. There will always be a huge need for SNAP, and I hope the love the charity attracts and deserves will keep it going for decades into the future.



1994 ——— SNAP through the ages ——— 2024

So much has changed since SNAP began 30 years ago. We continue to reflect on how it started to how it's going...

